

Quelling Anxiety

COVID-19 & MANAGING
WELLNESS DURING QUARANTINE



The Network

ADVOCATING AGAINST
DOMESTIC VIOLENCE

1

Stay informed without overloading

Find news from quality resources you trust, and know that it is okay to take breaks if you're feeling overwhelmed.



2

Focus on what you can control

With so much uncertainty around us, it can be grounding to create a daily system. Try to find some rhythm and structure to your day.



3

Observe your feelings without judgement

You might experience
anxious or catastrophic
thoughts. Notice them, and
allow them to flow away,
perhaps through meditation.



4

Practice meditation

When stressful thoughts begin to rise, take a pause with some mindful exercises. Find a quiet space to take a breathing break, or use the 4Rs (Relabel; Reattribute; Refocus; Revalue) to direct anxiety elsewhere.



5

Find movement

Take moments to be present in your body, and create regular movement routines that honor your mind, body and ability.



6

Be gentle with yourself

Remember that your value is not measured by your productivity. Use this time to slow down and rest. Practice moments of gratitude. Tap into your creativity. Use this time for you.



IF YOU ARE IN A HOME WHERE
YOU DON'T FEEL SAFE,
LIVE HELP IS AVAILABLE
THROUGH
THE IL DOMESTIC VIOLENCE HOTLINE

1(877)863.6338

24/7 CALL OR TEXT



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